

2020-21 KSHSAA MUSIC CONSIDERATIONS

(Revised 8-21-20)

With support of the KSHSAA Executive Board, the KSHSAA Sports Medicine Committee, and the results from the NFHS Aerosol Disbursement Study, we offer this document as guidance to the member schools of the KSHSAA to consider for interscholastic music education in 2020-21. The considerations outlined are meant to decrease potential exposure to respiratory droplets by encouraging physical distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate and reasonable protective equipment. With these considerations the KSHSAA believes these reasonable accommodations will help with risk mitigation for music education the upcoming school year.

If the only goal were to stop the coronavirus, school would not be in session. However, schools provide significant growth and learning opportunities that currently outweigh the associated risk. The NFHS, CNDNA and 100+ associations are funding extensive research about the spread of aerosols in classrooms and preliminary results indicate there are ways to mitigate the risk while still having music classes. Just like in other classrooms, the set-up will be different than normal music classes. It is important to note, regular classrooms should follow these mitigations, excluding the instrument specific mitigation.

Schools are public, and thus need to provide a well-rounded education for all students. Music classes using recommended mitigation will help provide an education for all students. Through the NFHS study, performing arts activities have been found to create aerosol that is less than coughing, but more than talking. The following considerations are effective for music classes and continued results lower the risk level from high to normal/low.

- Outdoor music rehearsals and concerts are preferred with masks and bell covers
- Masks should be worn by all students and staff prior to entering the performing arts room.
- Masks should continue to be worn until all students are seated and ready for instruction (example, long rests, sectional work, moving around the room, etc.)
- Woodwinds and Brass should use a mask while playing which includes a small straight slit in a surgical style mask
- Teachers should consider using a portable amplifier to keep their voices at a low conversational volume. Students should also ask questions in a low conversational volume with a mask
- Teachers are assumed to talk the most and as a result should wear the most efficient mask possible that is readily available, which are surgical masks. (N95s are not recommended at this time due to supply chain issues)
- No talking should occur in the room without a mask being properly worn
- Distancing (6' x 6', trombones 6' x 9')
- Bell covers
 - Multi-layers
 - MERV 13 type filter material cut larger than the bell size
 - Surgical mask type material
 - 2 layers of 80 denier hose (nylon & spandex) for a total of 160 denier bell covers
 - Place the MERV 13 type material between the two hose layers or on the inside of both layers and use the hose to hold the filter material in place
 - Something is always better than nothing
 - Non-stretchy material is preferred
- 30 minutes maximum per group rehearsals

- Air ventilation between classes (every 10 minutes during rehearsals and a thorough exchange between rehearsals).
- Extra Ventilation (i.e. HEPA Filters = Air scrubbers)
- Smaller group rehearsals
- Straight rehearsal rows not normal curved rows

Hygiene

- Spit valves emptied onto “puppy pads” or similar pad on the floor away from others and appropriately discarded after each rehearsal
- Handwashing
 - Hand sanitizer should be readily available
 - Soap and Warm water should be available.
 - Hands should be washed after contact with surfaces and others
- Common Areas
 - Should be managed to limit the number of students at a time in the room.
 - Anyone who enters the room should bring a 70% alcohol wipes to wipe all surfaces before and after touching.
 - The wipe should be discarded properly upon leaving the storage area

When dealing with multi-layered masks

- Wash your hands before putting on your mask
- Place it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Wear a multi-layered mask correctly for maximum protection
- Woodwinds and Brass should use a mask while playing which includes a small straight slit in a surgical style mask
- Do not use the woodwind/brass mask outside of rehearsal

Mask Fitting

- Well-fitting mask (Best)
 - No gaps
 - Nose covered
 - Tight around the edges
 - Should leave a mask outline once removed
- Better fitting mask
 - No gaps on the sides
 - Nose covered
 - A fairly good fit around the edges
- Poor fitting mask
 - Gaps on the sides
 - Nose not covered
 - Loose around the edges

Air Flow

- Outdoor is best
 - Open air
 - Tenting from elements
- Indoor air filtration

- HEPA – Size of Room
- Filtration Certification
 - CADR - Clean Air Delivery Rate
 - AHAM Certification - Association of Home Appliance Manufacturers
- Air Change Rate Per Hour (ACH)
 - 3 ACH is the standard used for the modeling presented
 - Increased ACH recommended if possible
- ASHRAE Guidelines - American Society of Heating, Refrigerating and Air-Conditioning Engineers

Resources

- **Facilities:** See [NFHS Return To School Guidance with Music Education](#)
- **Teachers:** See [NFHS Return To School Guidance with Music Education](#)
- **Equipment:** See [NFHS Instrument Cleaning Guidelines](#)
- **Rehearsals:** See [NFHS Return To School Guidance with Music Education](#)
- **Marching Band Festival warm up:** See [NFHS Return To School Guidance with Music Education](#)
- **Marching Band Competition (as allowed by KSHSAA Rules):** See [NFHS Return To School Guidance with Music Education](#)
- **KSHSAA Protocol modifications:** [KSHSAA Summer Marching Band Guidelines](#)
- [Main NFHS Coalition Page](#)
- [FAQ Page](#)
- Blog- [Submit a question](#)
- August 8, 2020 [2nd Round Preliminary Results Webinar](#)
- The University of Colorado Boulder has developed a risk assessment tool: <https://tinyurl.com/covid-estimator>
- [ASHRAE](#)

Next round of information

- Improving chamber performance
- Developing specialized emissions estimation capability
- Testing a recorder
- Narrowing the types of instruments we will study next and increasing study on mitigation

2020-21 KSHSAA Online Music Rules Meeting

- Required annually for all 9-12 head music teachers
- Available August 31 - November 1